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Adiantum Capillus-Veneris L. (Polypodiaceae)

پر میاوش

Parr-i-miyāvash, Kashburat (Teh.); Kashburat-el-bir, "coriander of the wall" (Pers.); Krafas-al-bir, Shar-al-anat (Iraq); Kansburaj, Moohar-khas (Ind. bazaars); the fronds.

Ait.; Post; Schl.; Ph. Ind. 3: 624.

Field 49; W.H.M.M. 150714; K.B. 302.

The maidenhair fern is found in Iran, Afghanistan, the northwestern Himalayas, and western China, but other species of ferns are used medicinally and are called by similar names. The fronds of the fern are usually supplied, but the rhizome is credited with expectorant properties and is given for relieving difficult respiration and for spasms in whooping cough.

—A maidenhair fern decoction is served as a cooling drink during the summer (H.F.). [272]

Agaric (Fungi) [262]

قارچ

Qārch (Teh.); Kriwarik (Turk.); dried mushrooms.

Field 242; W.H.M.M. 150775.

This is a portion of a hard fungus, gray brown on the outside and whitish within, 4 to 5 inches across. A notation is made on one sample that it is a vermifuge. Schlimmer identifies "Ghartsche" as *Agaricus esculentus*, one of the edible mushrooms, of which there are numerous species. For agaricum of the Greeks, Ghariqun, see *Polyporus officinalis*.

Alhagi camelorum Fisch. (Leguminosae)

تر نجبین

Tar-anjubin (Teh.); "green honey"; manna.

Field 1; W.H.M.M. 150888.

The camel's thorn (Kār shūtur, Pers.) is a thorny shrub found in the deserts of Iran, Syria, and Egypt. A saccharine exudation forms on the plant. It is shaken off the branches, collected, and used as a sweetmeat and in medicine. It is supposed to be the "greenish cake" of Layard's "Travels," but this secretion was collected from oak trees (see *Quercus*). The white grains of manna separated from the pods, stalks, and leaves contain chiefly cane sugar; this is administered as a laxative and expectorant. [314] [263]

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Allium Akaka Gmel. (Liliaceae)

والک

Vālik (Teh.); the plant.

W.H.M.M. 150838.

This plant is found in Europe and northern Asia, and is the Welec or Weleque of Ehlicher. The specimen is represented by the entire plant: leaves, pinkish green flowers, and bulbs, having a strong alliaceous odor.

Allium Cepa L. (Liliaceae)

تخم پیاز

Tukhm-i-piyāz (Teh.); Basal (Ar.); Goondina (Pers.); Piaz (Kurd.); the seeds.

Field 41, 415; W.H.M.M. 150831.

[262] The onion is probably the earliest kind of food plant and is widely cultivated in tropical, subtropical, and temperate countries. Its small, black, corrugated seeds are sold in all the bazaars of Iran and are regarded as a demulcent and stimulant.—Boiled with sugar and almond oil they are given as a purgative during typhoid fever (H.F.).

Allium sativum L. (Liliaceae)

تخم ترہ

Tukhm-i-tarrah (Teh.); (tarrah is the Persian name for potherb); the seeds.

Boiss. 5: 229.

Field 40; W.H.M.M. 150883; K.B. 302.

[262] Under this name the black, angular seeds of garlic are sold in the bazaars, having similar properties to those of the onion. They are eaten with cheese.

Sir (Teh., Iraq); Som (Ar.); Thum (Turk.); Lehsan (Hind.); garlic.

Field 47A, 77, 115 (Iraq).

[263] This is the bulb of the garlic, containing several daughter bulbs or cloves. They have a peculiarly pungent and disagreeable odor and an acrid and burning taste. The garlic is *par excellence* the potherb of the East, aids digestion, and is a gastric stimulant. Three kinds of the plant are grown in Iran: Bustani (garden), Bari (wild), and Kirathi (leek-like).

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inous and demulcent.—The flowers, often mixed with linseed and boiled, are made into poultices for boils, and the seeds or carpels are given as a tea for coughs and inflammation of the chest (H.F.).

Alyssum campestre L. (Cruciferae)

فدامه شهری

Gudāmah, Gudāmah-i-shahri, Gudāmah-i-shērazi (Teh.); Qodumah (Ar.); Ghodaoumche chirazi (Schl.); hedge garlic, the seeds.

Field 3; W.H.M.M. 150727, 150868; K.B. 303.

The seeds of this small plant, common in Iran and Iraq, are light brown, lens-shaped, 2 by 1.5 mm., with a yellowish gray border. They become coated with semi-opaque mucilage when placed in water.—Mixed with *Lallemantia Royleana* Benth., *Pyrus Cydonia* L., and *Plantago major* L., the seeds are given in an infusion for coughs (H.F.).

Amaranthus paniculatus L. (Amarantaceae)

تاج خروس

Tāj-i-khurūs (Teh.); Tukhm-tāj-i-khurūs (Isf.); flower heads and seeds of cockscomb or star flower.

Field 92, 425; W.H.M.M. 150874.

The chaffy flower heads are white with shades of pink or light brown. The black, shining, lens-shaped seeds are eaten, and are medicinal. Cockscomb leaves form a wholesome potherb, and are taken as a tea to relieve the chest.

Amomum subulatum Roxb. (Zingiberaceae)

هل قراب

Hil-i-qurāb (Teh., Isf.); Hil (Ar.); Ela (Sans.); hill or Nepal cardamoms.

Field 421; W.H.M.M. 150729.

The capsules are ovate and bluntly triangular, containing numerous round or angular brown seeds, closely packed. The odor of the seeds is camphoraceous and agreeable. Hill cardamoms are used as a substitute for the smaller and more aromatic Malabar cardamoms of southern India (*Elettaria Cardamomum* Maton). They are both used as a spice and for their carminative and stimulating properties.

• [263]

—As a cure for general debility they are sometimes mixed with Belleric myrobalans (H.F.).

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Field 244.

Tabashir is a siliceous concretion found in the hollow stems of bamboo plants, and is a valuable Hindu medicine. It occurs as hard, white, opaque, mineral-like fragments of various shapes. The sample from Tehran, bearing the above vernacular name, consisted of burnt bones, and was not true tabashir.—It could not, however, be considered a fraudulent substitute for the authentic drug, as it was labeled "Calcined bones for toothpowder" (H.F.).

Berberis vulgaris L. (Berberidaceae)

زرشک گلی

Zirishk-i-guli (Ham., Teh.); Zarishk (Hind., Bom.); the fruits.

Achundow; Ait.; Schl.; Boiss. 1: 103; Ph. Ind. 1: 65.

W.H.M.M. 150841; K.B. 306.

The Indian barberry is a common shrub growing in the hilly districts of India and Iran, and the berries are largely collected and appreciated as a condiment or made into jam. In the Punjab the fruits and preserve are called Zirishk-tursh (sour currants) to distinguish them in the trade from the small, black, dried grapes known in Europe as currants or corinths. The consumption of these acid fruits in medicine is said to relieve itch and other skin complaints. [263]

—A specimen of dried *Berberis* fruits in the collections of the American School for Boys, Baghdad, bears the label Zirishk. Barberries are used as a decoction for general health and to sweeten the breath (H.F.).

[262]

Beta vulgaris L. (Chenopodiaceae)

تخم چقندر

Tukhm-i-chuqundur (Teh.); Chuk-andar (Hind.); common beet.

Field 28 (Iraq); W.H.M.M. 150787.

These are small, cup-shaped fruits with light brown seeds, which taste saltish. In Iran they are cultivated largely as a vegetable. The seeds of the beet are sold in Indian bazaars for medicinal use under the name of Chukander (Ph. Ind. 3: 148).

There are several varieties grown in Iraq:

(1) Beetroot. Chukundar (Turk.). The root is eaten.

(2) Spinach beet. Siliq (Turk.); common. The leaves are cooked and eaten as a substitute for spinach.

(3) Sugar beet. Shuwandar sukari. Climate of the Baghdad area is unsuitable for cultivation.

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(4) Mangel-wurzel should succeed in Kurdistan.

(5) Wild beets, known as Silaijah or Silaigah.

Boswellia Carterii Bird. (Burseraceae)

كندر

Kundur (Teh.); Seta Kundura (Hind.); frankincense or olibanum. Field 199.

[314] There are several kinds of this fragrant oleo-gum-resin found in commerce. Kundura zakara, "male frankincense," is in reddish or deep yellow, circular tears; Kundura unsa, "female frankincense," is in yellowish white, translucent or pale tears; Kisher Kundur or Dhupa of the bazaars occurs in scaly pieces of the bark coated with the exudation.—Olibanum is used chiefly as incense; it is an ingredient in plasters; a dose of half a misqal (35 grains) is said to improve the memory (H.F.).

Brassica campestris L. var. **Napus** Bab. (Cruciferae)

تخم شلغم

Tukhm-i-shalgham (Teh.); Sarsun (Hind.); rape or colza seed. Field 54 (Iraq); W.H.M.M. 150856.

[252] [373] This is an important crop in India and elsewhere, cultivated chiefly for its seed. Rape seeds are small, brownish or reddish brown, 2 mm. in diameter, smooth. They yield by expression a bland oil used as an emollient and in cooking and lighting.

Brassica (Sinapis) **nigra** (L.) Koch, and **B. alba** Rabenh. (Cruciferae)

خردل

Khardal.

• [263] Mustard, now a widespread weed, is of Eurasian origin. The powdered seeds are an important condiment, used in curries, and medicinally in the preparation of poultices and plasters. Mustard is taken internally as an emetic in cases of narcotic poisoning (G.).

Butea frondosa Roxb. (Leguminosae)

برک هند ایران

Barg-i-hind īrān, Parakeh-i-hindī (Teh.); Palaspapado (Duk.); Palas Keby (Hind.); seeds of bastard teak or Bengal kino tree. Field 181; W.H.M.M. 150818.

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824* **Capparis spinosa L. (Capparidaceae)**

278* ریشه کبار

Rishah-i-kabar (Teh.); Kabar (Pers., Iraq); the bark.

Ph. Ind. 1: 131; Boiss. 1: 420.

Field 200; W.H.M.M. 150803; K.B. 307.

The thorny caper is found in western Asia, Europe, North Africa, and Australia. It is a common shrub in the open country, forming great bushes fully 5 feet high.

[262] Throughout Iran the flower buds are collected to be made into pickles. The light-colored root and the thick root bark are used in medicine, the bark being the Capparis Cortex Radicis of the old "Persian Pharmacopoeia." They are both pungent and bitter and are given for intermittent fever and rheumatism.

Capsicum frutescens L. (Solanaceae)

فلفل مویه

Filfil mūyeh, Filfil-i-surkh (Teh.); Filfil ahmer (Ar.); Lal mirch (Hind.); red pepper, bird pepper, chilies.

Field 96A, 111A; W.H.M.M. 150914.

• [263] This species of peppers or chilies, *Capsicum* and *C. annuum*, are cultivated throughout India and Iran for their pungent fruits, and are used throughout the East for culinary purposes. Capsicums and their preparations act as a powerful local irritant. In medicinal doses chilies stimulate the alimentary canal, promoting the flow of gastric juice "to increase appetite and aid digestion."

Carthamus tinctorius L. (Compositae)

کافشه

Kāfshah, Tukhm-i-kāfshah (Teh., Ham.); the seed.

Gul-i-rang (Teh.); Gul-i-kajira, Qurtum (Ar.); Kusam (Hind.); Atractus (Gr.); safflower, the flowers.

Ait.; Post; Schl.; Laufer 324; Ph. Ind. 2: 308.

Field 33, 39A, 195; W.H.M.M. 150866; K.B. 307.

[303] The safflower plant is cultivated in Syria, Iran, and Afghanistan
[386] as a field crop for its red florets, which are used as a dyestuff and cosmetic. The red flowers are often supplied as a cheap substitute for saffron, the stigmas of *Crocus sativus* L.

The fruits or achenes, called parrot seed, the size of barley grains, yield by expression an oil which is used as a salve for sprains and rheumatism.

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Carum Bulbocastanum Koch (Umbelliferae)

زیره سیاه کرمانی

Tukhm zireh (Teh.); Zireh-siyah, Kirmani (Inf.); Kala-zirah (Afg.); Jira-shak (N.E. Pers.); black caraway.

Field 35, 441; W.H.M.M. 150909.

[263]

These fruits constitute the spice called black caraway of Iran and northern India. Royle described the plant yielding these fruits as *Carum nigrum*, but Aitchison was the first to observe that they were collected from a plant with tuberous roots. They are a substitute for the ordinary caraway of Europe (*C. Carui* L.), and are used in medicine as a carminative.

Carum copticum Benth. & Hook. (*Sison Ammi* L.; *Trachyspermum Ammi* Sprague ex Turrill; *Ptychotis Ajowan* DC.; *Ammi copticum* L.) (Umbelliferae)

زنیان

Ziniyān (Teh., Ham.); Ajowan, Ajwain (Hind.); Omum (Tam.); Ammeos (Ph. Pers.); Basilikon Kuminon (Gr.); bishop's weed, the fruits.

Boiss. 2: 898; Fl. Br. Ind. 2: 682; Ph. Ind. 2: 116.

Field 17; W.H.M.M. 150750; K.B. 308.

This is an African plant, cultivated in Europe, Iran, Afghanistan, and throughout India. The aromatic fruits were a well-known medicine among the ancient Greeks and Arabs. The Irani drug is produced largely in the province of Shiraz. The fruits are brownish gray, smaller and more curved than caraway seeds. The fragrance and active principle reside in an essential oil holding a stearoptene, called thymol, which crystallizes out at ordinary temperatures. Thymol is known in India as Ajwain-ka-phul or "Flowers of Ajwain." The distillate obtained from the fruits when boiled with water is called "Omum water," and is used as a carminative for children and as a cholera remedy.

Carum Petroselinum Benth. & Hook. (Umbelliferae)

تخم کلم

Tukhm-i-kalam (Teh.); Maghdunes (Iraq); Pitar saleri (Hind.); parsley seed.

W.H.M.M. 150829.

[263]

Parsley is a plant of southern Europe, cultivated in kitchen gardens for its leaves, which are used as a condiment. The fruits

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Cinnamomum Cassia Blume (Lauraceae)

دارچینی

Dār-chīnī (Isf., the Hindi name); Darasini (Ar.); Chinese cinnamon bark.

Field 14 (Isf.), 108.

[263] The cinnamon bark from China is kept by druggists, and is a favorite spice. It is used in curry and as an ingredient in medicines. The bark is prepared as a tea for excessive salivation, frequent in Iran.

قرفه

Gurfah (Teh.); Kalphah (Bom.); the fruits.

W.H.M.M. 150867.

The small, black fruits of the cinnamon tree from China are sold in the bazaars. In South India the fruits of *C. iners* Reinw. are used in medicine, but are inferior to the above.

برگ سادج

Barg-i-sādhaj (Teh.); Sādhaj-i-hindī (Isf.); the leaves.

Field 17 (Isf.); W.H.M.M. 150884.

The leaves of the cinnamon are taken internally for rheumatism. The vernacular name is applied by the Indian Mohammedans to the leaves of a wild cinnamon tree in Sylhet used as a carminative and stimulant (Ph. Ind. 3: 209). The leaves constitute the ancient Hindu drug known as Malabathrum, Talispatra, and Folia indica.

Cirsium lanceolatum L. (Compositae)

Foveh (?) (Ham.); thistledown.

Achundow; Boiss. 2: 538; Post

K.B. 309.

Under this name the white, feathery pappus or thistledown from the above plant is sold in the bazaars. A medicine called "Badawerde" (carried by the wind) consists of the pappus of the holy thistle (*Cnicus benedictus* L.). The downy heads of species of *Volutarella* and *Echinops* are also used as a drug, probably as an absorbent material for external application.

Citrullus Colocynthis Schrad. (Cucurbitaceae)

خربوزه روباه

Kharbūzah-rūbāh, Kabiste talkh (Pers.); Hanzal (Ar.); Handhal, Gozharik (Kurd.); Indrazana (Hind.); colocynth, bitter apple, Indian gourd.

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بهار نارنج

Flowers: Bahār-i-nāranj, "spice of orange" (Teh.); Naphae flores (Schl.); neroli.

Ph. Ind. 1: 270.

Field 219; W.H.M.M. 150778; K.B. 309.

The dried flowers of the cultivated orange are sold in bazaars and recommended as a stimulant and to prevent dysentery. Schlimmer refers to Aqua florum aurantii or Aqua naphae as a favorite flavoring agent. The oil contains a nitrogenous substance of exceeding fragrance, anthanilic acid methyl-ester.

برگ نارنج

Leaves: Barg-i-nāranj (Isf.).

Field 429.

Among other uses, the leaves of the orange tree are applied to reduce swollen legs.—For this purpose they are sometimes mixed with *Taxus baccata* L., orange seeds, bitter cane, and hemlock fruits (H.F.).

خلال نارنج

Orange peel: Khalal-i-nāranj, Pust-i-utruj (Teh.); the peel or pericarp in thin shreds.

Field 153; W.H.M.M. 150804, 150896.

• [263] Orange peel is an ingredient in the preparation of tincture of cinchona and tincture of gentian. In domestic cookery in Iran it gives a flavor to boiled rice and other vegetables.

[251] Post-i-nāranj is the fruit which, cut in two and dried in the sun, is sold in the bazaars.

هسته نارنج

Seeds: Hastah-i-nāranj (Teh.).

Field 431.

Orange seeds or pips are bitter. They are first torrefied to remove the husks, and are taken as a stimulating remedy.

Colchicum luteum Baker and **C. speciosum** Stev. (Liliaceae)

سورنجان کرمانی

Surinjān-i-kirmānī (Teh.); Surinjān-i-talkh (Pers.); Hermodactyl, "the finger of Hermes" (Gr.); the corms.

Achundow; Ph. Pers.; Boiss. 5: 155; Schl.; Ait.; Ph. Ind. 3: 496.

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in medicine, and are forwarded in great quantities to Turkestan.—On account of their demulcent properties, they are useful for coughs and chest complaints; the dose in Tehran is said to be ten fruits (H.F.).

Coriandrum sativum L. (Umbelliferae)

تخم کشنیز

Tukhm-i-gishniz (Teh.); Kuzbara (Ar., Iraq); Gashnish (Turk.); Dhanya (Hind.); Koriyan (Gr.); coriander fruits.

Achundow; Schl.; Laufer; Fl. Br. Ind. 2: 177; Ph. Ind. 2: 129.

Field 30, 33A; W.H.M.M. 150918; K.B. 311.

• [263] The coriander plant is cultivated in gardens throughout Iran, Afghanistan, and India. The globular fruits are a well-known spice and flavoring agent. The plant is used in salads and curries, and an infusion of the leaves is said to relieve headache.—The fruits are smoked to relieve toothache (H.F.).

Corylus Colurna L. (Cupuliferae)

فندق

Funduk (Teh.); Findaq, Bundaq (Iraq); Findak (Hind.); Indian or Constantinople hazel.

Field 66 (Iraq), 48A.

[262] A tree of the northwestern Himalayas, Kashmir, and Afghanistan, this is a relative of the European hazel (*C. Avellana*). Its nuts are generally plentiful in the larger markets of Iran and are said to come from the north. Filberts or cobnuts contain a large quantity of sweet oil and are eaten either raw or roasted.

Cotoneaster nummularia Fisch. & Mey. (Rosaceae)

شیر خشت

Shir Khisht, Khushk=dried (Teh.); Shir-milk, (Pers.); a saccharine exudation.

Field 126.

This is a common shrub on the Sia-Koh and Safed-Koh ranges, at an elevation of 3,000 feet and upward. It yields in certain seasons, from its smaller branches, white, sugary lumps of manna which are considered aperient and stomachic.—Mixed with water, it is considered a remedy for typhoid (H.F.). This is one of the four varieties of manna met with in Iran; the others are Tar-anjubin (*Alhagi camelorum* Fisch.), Gaz-anjabin (*Tamarix gallica* L.), and Shakr-ul-

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ashar or Shakar tiqāl, the product of a beetle on *Echinops persicus* Stev.

Shīr Khisht is eaten as it comes from the shrub, with food, or converted into a sweetmeat; sometimes it is exported to India.

Crataegus orientalis Bieb. (Rosaceae)

کیک‌واش

Kaik-vāsh, Kawich (Isf.); Ghich (Ham.); Gaiwuzh (Turk.); Alafkhareg (Afg.); the fruits.

Schl.; Boiss. 2: 660; Post; Ait.; I.H.B.

K.B. 312.

The Oriental hawthorn is a shrub or small tree of Asia Minor or the Caucasus. The fruits of most species are used in medicine, and those grown in the gardens at Ba'quba, Iraq, fetch a good price in the local market. The berries from Hamadan are pome-like, rounded, 12 mm. across, with a reddish brown, wrinkled pericarp, surmounted by an umbilicate disk of the minute lobes of the calyx; within are three oval, light brown, hard pyrenes. The fruits contain sugar, and are supposed to act as an opiate, while the seeds are used as a medicine for spermatorrhea.

Crocus sativus L. (Iridaceae)

زعفران

Za'farān (Teh.); Zafran (Ar.); Karkum, Abir (Pers.); Kesar (Kash.); Kesara (Hind.); saffron, hay saffron.

Field 2; W.H.M.M. 150720.

The saffron plant is cultivated in the neighborhood of Pampur in Kashmir and was formerly cultivated in Isfahan. It was grown in the 10th century in Spain, where the bulk of the European saffron is now produced. The dried, red stigmas of the crocus are a favorite coloring matter in medicine and food. The drug has a stimulant and antispasmodic action.

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Croton Tiglium L. (Euphorbiaceae)

حب السلاطين

Habb-el-salatin, "Sultan's seeds" (Ham.); Habb-el-khatai, "Cathay (China) seeds"; Bidend jireh khatai, "castor oil seeds from China"; Habb-dilmaluk (Ait.); Jamalgota (Punj.); croton seeds.

Ait.; Schl.; Ph. Ind. 3: 281.

K.B. 312.

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Cuminum Cyminum L. (Umbelliferae)

زیره سبز

Zirah-i-sabz (Isf., Iraq); Zira (Hind.); Jira (Beng., Bom.); Goi-zira, "green weed" (Turk. in Tabriz); Cummun (Syr.); the fruits.

Post 373; Gilliat-Smith & Turrill, Kew Bull. 1930, 390; Ph. Ind. 2: 113.

Field 438, 34A; W.H.M.M. 150792; K.B. 313.

The fruits of cumin are called green or white caraway to distinguish them from darker or black caraway (*Carum Bulbocastanum* Koch). The cumin plant is grown in gardens as a potherb, and the seeds, or properly fruits, are sold in the bazaars as a condiment and carminative medicine.—They are also prescribed to relieve pains after childbirth (H.F.). From the dawn of civilization in Egypt, its use spread into Arabia, Iran, India, and China. [263]

Cupressus sempervirens L. (Coniferae)

گل سرو

Gul-i-sarv (Teh.); cypress fruits.

W.H.M.M. 150903.

The fruits of the cypress tree are reddish brown, opening by a five-parted covering, fragrant, and bitter. They contain an essential oil which has been recommended for whooping cough and as an anthelmintic.

Curcuma aromatica Salisb. (Zingiberaceae)

قرنباد

Qurunbād—this name is a corruption of Zurunbād (*Curcuma Zedoaria* Roxb.—(Teh.); Jangali-haladi (Hind.); wild turmeric, round or yellow zedoary tubers.

Field 146.

This is a contorted, yellow root, dressed with yellow powder, hard and orange brown within, having a delicate camphoraceous odor.—The powdered root is used for flatulence (H.F.).

Curcuma domestica Val. and **C. longa** Trim. (Zingiberaceae)

کرکم

Karkum, the Persian name for saffron (Teh.); Haldi (Hind.); Zard chobah, yellow root (Pers.); turmeric.

Field 73, 94; 73A, 74A.

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These samples represent the rhizome and powdered root of turmeric. The root, called Indian saffron, is imported from India as a dye stuff, but is sometimes employed in Iran as a condiment. In medicine turmeric is a stimulant, tonic, and aromatic. Like other yellow roots, it is used in a decoction as a cooling lotion for conjunctivitis. Turmeric contains a yellow coloring matter, curcumin, and a thick, viscid oil.

Curcuma Zedoaria Roxb. and **C. Zerumbet** Roxb. (Zingiberaceae)

زرمباد

Zurunbād (Teh.); Kachura (Hind.); Uruk-el-kafur (Ar.); zedoary, long zedoary.

Field 148; W.H.M.M. 150910.

Zedoary is imported in quantity from India, most of it to be passed on to Turkestan. The root occurs in thin, transverse slices, 2 to 5 cm. in diameter, pale brown and wrinkled without, smooth and mealy within, odor camphoraceous, taste pungent and bitter. The drug, which is also employed as a condiment, is carminative and stimulant, and an ingredient in various alterative medicines.—It is recommended for relief of flatulence (H.F.).

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Cuscuta planifolia Ten. and **C. hyalina** Roth (Convolvulaceae)

تخم کشوث

Tukhm-i-kushūth, Tukhm-i-kishvar, Resha-i-kishvar (Ham., Isf., Teh.); Gul-i-geshuz (Ham.); Kukil-i-pol, "moist silk" (Kash.); Aftīmūn, the herb; Kashūth is the Arabic name for dodder; Kassutha (Gr.); Cuscuta (Lat.), hence Keshus (Pers.); kill weed; seeds and flowers.

Boiss. 4: 117; Ph. Ind. 1: 548; Sci. Pa. 240.

Field 187, 226, 436, 437; W.H.M.M. 150734, 150782; K.B. 313.

Gul-i-keshus (the flowers) and Tukhm-i-keshus (the seeds) are exported from Iran to India mixed with the leaves and spines of the plants on which they grow. The seeds are light brown and have a bitter taste. The flowers are given for asthma—as an infusion, one cup, for catarrh (H.F.)—and for obesity the (thin, filamentous stems). The drug Aftīmūn, Epitymon (Gr.), is probably derived from *C. europaea*, a native of Europe and western Asia. It is given as a digestive and purifier of the blood, just as in Europe dodder is an ancient remedy for intestinal disorders such as constipation and flatulence.

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said to be a tonic medicine and useful as an application for rheumatism and snake bites.

Elettaria Cardamomum Maton. (Zingiberaceae)

هل

Hil (Iraq); Arak or Erok Hail (Bagh.); Ilachi (Hind.): cardamom fruits.

Field 38A, 59 (Iraq).

There are two kinds of cardamoms sold in Iran and Iraq: the small or Malabar cardamom from the above plant, and the great or Nepal cardamom from *Amomum subulatum* Roxb. (q.v.). They are both imported, but the first kind is occasionally cultivated in Iraq in shaded gardens. As a masticatory and for flavoring food, as in curry, the Malabar or small cardamom is preferred by the natives, but the other kind, which is cheaper and of less delicate flavor, is used largely by sweetmeat makers.

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Embelia Ribes Burm. (Myrsinaceae)

برنج کابلی

Birinj-i-kābulī (Teh., Isf.); Berengue Kaboli (Schl.); Baberang (Hind.); the fruits, Embely currants.

Fl. Br. Ind. 3: 513; Schl.; Ph. Ind. 2: 349.

Field 419; K.B. 316.

This shrub grows throughout India, where the berries have long been known as a medicine. Susruta described the anthelmintic properties of the fruits, which were given the Sanskrit name Vrishanasana, "destroyer of enemy (worm)." The drug is referred to in all Mohammedan works of medicine, and its value in removing tapeworm (*Taenia*) in children and adults has been abundantly confirmed. The fruits are globular, dull red, with a 5-parted calyx, and stalked. The outer shell is striated from base to apex, the seed is horny and embedded in reddish brown afflorescence. In 1888 Warden separated the crystalline active principle, embelic acid. Brissemoret in 1907 showed this substance to be an oxyquinone.

Entada gigas (L.) Fawc. & Rendle (Leguminosae)

قرس کمر

Qurs-i-kamar, "nuts for loins" (Teh.); Gila (Beng.); Garabi (Hind.); the seeds.

Field 47.

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Achundow; Ait.; Schl.; Boiss. 1: 189; Fl. Br. Ind. 1: 153; I.H.B. Field 150; K.B. 317.

This small, annual herb, hoary with close, appressed hairs, is frequent in Kashmir and Iran, and westward to Europe and West Africa. The seeds, with those of *Sisymbrium Sophia* L. and *S. Irio*, are exported into India from Iran under the name of Khākshīr. They are small, oblong, 1 mm. long, reddish or yellowish brown, smooth, and shining (not dull like those of *S. Sophia*). When placed in water, they become coated with transparent mucilage. The kernel is yellowish and oily and has the flavor of mustard. The seeds are given in fever and, in the form of a poultice, are used to relieve stomach pains.—They are often smoked to relieve eye diseases (H.F.).

Eugenia aromatica Baill. (Myrtaceae)

قرنفل

Qaranful, Qaranful-asward (Iraq); Karanaphal (Ar.); Laung (Hind.); cloves, the flower buds.

Field 43 (Iraq), 69A, 70A, 102.

• [269] Cloves, the well-known spice, consisting of the flower buds of a tree originally belonging to the Moluccas, are sold in all bazaars in the East. In modern medicine, cloves are used as a carminative and stimulant to relieve irritation of the throat, and the oil to relieve the pain of toothache. The oil, which is the most important constituent of cloves, is obtainable to the extent of 16 to 20 per cent. It is a mixture of a terpene and an oxygenated oil called eugenol.

Ferula galbaniflua Boiss. (Umbelliferae)

باریجه

Bārījah, Bariz, Rish-shar, Gavshira (Teh.); jāv or gāv means a cow, and shīr, milk; in allusion to the milky nature of the juice; gum galbanum.

Boiss. 2: 988; Schl. 295; Laufer 363; Ait.; Ph. Ind. 2: 152.

Field 131, 135; W.H.M.M. 150797; K.B. 317.

The galbanum plant is found in moist localities, as in the Badghis near Gulvan, where it grows in sandy soil. The stem is thick at the base, tapering suddenly and reaching a height of 4 feet. The stem, on injury, yields an orange yellow juice, which slowly consolidates into tears, and has a strong odor of celery. The sample from Tehran is said to have come from Kurdistan or Māzanderān. Galbanum is taken internally as a stomachic. Externally it is applied

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بادیان سبز

Bādiyān-i-sabz, Tukhm-i-rāziyānah (Teh., Ham.); Badyan (Afg.); the fruits of fennel.

Post 356; Schl.; Ph. Ind. 2: 124; On the Commercial Varieties of Fennel, J. C. Umney, Pharm. Journ. 58 (1897) 225; I.H.B.

Field 16, 55A, 233, 413; W.H.M.M. 150771; K.B. 318.

Fennel is a stately, umbelliferous plant cultivated for its fruits in several parts of Europe and Asia. The fruits are frequently, in the bazaars, confounded with aniseed (*Pimpinella Anisum* L.), the Persian name for which is Badian, and Bādiyān-i-sabz is usually applied to fennel fruits. The taste is sweet and aromatic, and the fruits contain from 3 to 5 per cent of essential oil with anethol as the principal ingredient. J. C. Umney found the odor of Irani fennel nearer to anise than any other variety of fruit examined, the percentage of anethol being higher and fenchone comparatively low.
• [163] Fennel is valued as a condiment and enters into mixtures given for dysentery and colds.

The root of the fennel plant is a rather important medicine in native practices, being to the present day esteemed as one of the five "opening roots" of the ancients, the other four being parsley, celery, asparagus, and butcher's broom.—Fennel roots, with *Carum copticum* Benth. & Hook., are given as an infusion for flatus; and alone as an infusion for toothache and to relieve pains following childbirth (H.F.).

Fritillaria imperialis L. (Liliaceae)

گل سرنگون

Gul-i-sarnigūn (Teh.), "the bulbs of the topsy-turvy"; "the tubers of a plant, the flowers of which, according to the natives, hang upside down, considered rare in Afghanistan and highly valued as a medicine" (Aitchison). Another Persian name for this plant is Gul-i-shirper, "flowers of six feathers."

Boiss. 5: 189; Ph. Ind. 3: 498.

Field 178, 189; W.H.M.M. 150882; K.B. 318.

Crown imperial is common on the mountain slopes of Kurdistan. The drug consists of broken pieces of thick, whitish corms, without odor or taste. The starch is oval and regular. A toxic alkaloid has been separated from them by Fragner (1888). The corms of this plant are valued as a medicine in the Far East, chiefly for chest complaints and toothache. Regarding the Irani drug, it is said,

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in more northern countries. The fruit is composed of fine, slender, angular carpels twisted like corkscrews, which together form a cone 3.5 to 5 cm. long. The carpels are pubescent and greenish brown, and each one contains a single row of dark brown, angular seeds. 824* 278*

The drug has demulcent and slightly astringent properties, and is employed as a medicine for dysentery and for griping of bowels and flatulence in children.

Heracleum persicum Desf. (Umbelliferae)

گل سپر

Gul-i-sipar (Teh.); Gul-i-parr (Isf.); Goleper (Kerm.); Giafari (Schl.); the fruits.

Schl.; Post; Boiss. 2: 1044.

Field 434; W.H.M.M. 150779; K.B. 320.

This species of cow parsnip is indigenous to the moist valleys of the Elburz Mountains, and is related to *H. pubescens* M.B., of a wider range. Boissier refers the plant Goulpere to *H. lasiopetalum*. The fruits, which are sold as a spice and used in pickles, are ovate-oblong, villous on the back, the margin aculeate, the dorsal vittae thick and clavate, reaching to two-thirds the length of the mericarp. While some of these plants are used medicinally and for food, other species in America and Europe are poisonous and produce erysipelatous inflammation (Cormerin, "Des Plantes Vénéneuses," 1887). [263]•

Hibiscus cannabinus L. (Malvaceae)

حل جل

Jiljil (Iraq); Hab-el-zalim (Ar.); Palsan (Hind.); Ambari (Duk.); the seeds.

Field 61 (Iraq).

The Deccan hemp plant is grown in western India and the tropics. The seeds are dull grayish brown, triangular or kidney-shaped, 5 by 8 mm. They contain an oil useful for culinary and lubricating purposes. The seeds are used in medicine and as cattle food. [252] [231]

—*H. Trionum* L., Qunnab, called Jiljil near Basra, yields a bast fiber resembling that of the Deccan (H.F.).

Holarrhena antidysenterica Wall. (Apocynaceae)

میوه زبان کنجنک

Mīvah-i-zabān-i-gunjishk, Tukhm-zabān-i-gunjishk-i-talkh, "the seeds of the bitter sparrow's tongue" (Pers.); Lizan ul asafir (Achundow); Indrajaou (Hind.); Estrefanthus; the seeds.

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Ait.; Boiss. 4: 295; Schl.; Post; Ph. Ind. 2: 626.

Field 217; K.B. 321.

This species of *Hyoscyamus*, as well as *H. muticus* L. and *H. pusillus* L., is found wild in Iran and Syria. Aitchison observed that goats and sheep grazed on henbane plants without apparently bad effects, and the shepherds did not look upon these plants as poisonous. The seeds, however, are regarded by native physicians to be as poisonous as opium; they are exported from Iran to India. Henbane seeds are reniform, laterally compressed, grayish brown, with the testa finely reticulated. The taste is oily, bitter, and acrid; they contain the poisonous alkaloid, hyoscyamine.—The smoke of the seed is inhaled for toothache (H.F.).

Hyssopus officinalis L. var. **angustifolia** Boiss. (Labiatae)

گل پونه

Gul-i-pūnah (Teh.); Zupha-e-yabis (Ar.); Jupha (Hind.); hyssop, the herb.

W.H.M.M. 150723.

The true hyssop is a small, aromatic plant of Iran, Sind, and southern Europe. It is from 6 to 10 inches high, with a slender, square stem, hairy flowers in oblong spikes, of a brownish or bluish purple color and with the odor of hay. The seeds are oblong, three-angled, dark brown mottled with a red tint. The plant is given as a stimulant, carminative, and diaphoretic.

Illicium verum Hook. f. (Magnoliaceae)

بادنجان خطائی

Bādiyān-i-khatā'i, "anise of China" (Pers.); from Tehran.

Schl.; Ph. Ind. 1: 41.

Field 190; W.H.M.M. 150715; K.B. 321.

The star anise of commerce is obtained from trees growing in South China and Indo-China. Star anise was a new medicine and spice in Persia a hundred years ago, but the fruits and oil are now shipped regularly to India from China, and reach Iran via Bombay. The star-shaped fruits, composed of eight brown, radiating, boat-shaped carpels, vary from 3 to 3.5 cm. in diameter. They contain about 5 per cent of essential oil, consisting of solid and liquid anethol. The fruits and oil are stomachic, given to relieve cough and lung affections, and are used in confectionery and for seasoning food.

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The seeds of this plant[1] are larger than those of *L. Royleana* Benth., being 5 by 1.5 mm., brownish in color, and with a V-shaped mark at the apex. They slowly become coated with mucilage when placed in water. The plant is one of the potherbs of Iran. [263]

Lallemantia Royleana Benth. (Labiatae)

بالنکو شیرازی

Bālingū (Ham.); Bālingū-shīrāzī (Teh.); seeds.

Boiss. 4: 674; Ph. Ind. 3: 90.

Field 4; 15 (Iraq); W.H.M.M. 150901; K.B. 323.

This plant is found throughout Iran, Baluchistan, Afghanistan, Turkestan, and northern India.

The seeds are black, narrowly oblong, 3 by 1 mm., smooth, angled on the inner side, arched on the other, a white spot at the narrow end or umbilicus. When soaked in water they immediately become coated with an opaque, gray, tasteless mucilage. The seeds are used for coughs.

Languas officinarum Burkill (*Alpinia officinarum* Hance) (Zingiberaceae)

خولنجان

Khūlanjān (Teh.); lesser galangal.

Schl.; Ph. Ind. 3: 437; Sci. Papers 370.

W.H.M.M. 150877; K.B. 324.

This plant is indigenous to the Chinese island of Hainan, and is cultivated on the neighboring coast of Kwangtung and in Siam. The rhizome is an ancient spice and medicine of the East and is occasionally brought to Europe. The root is about 5 cm. long and less than 1.3 cm. in diameter, often branching, of a rusty brown color, longitudinally striated, and transversely marked with remains of leaf sheaths. The odor is aromatic and the taste hot and spicy. Galangal root is used as a condiment and is given as a stomachic and for rheumatism. [263]

Lathyrus sativus L. (Leguminosae)

حرتومان

Hurtāmūn (Iraq); Kesari (Hind.); Lakh (Bom.); Lang (Guz.); the chickling vetch and seeds.

Field 74 (Iraq), 65A.

[1] [Lallemantica iberica - for indigeneous names see p. 132, category 116, MAI Iran -- Analyst]

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This plant, allied to *Colchicum*, occurs in North Iran, Afghanistan, the juniper tracts of Baluchistan, and in the Punjab. Aitchison found this plant common all over the Badghis and Khorasan. The corms are collected as a medicine and exported from Meshed through Iran via the Persian Gulf to India. The drug is one of the forms of the ancient Hermodactyl. It is probably the Surinjan-i-shirin or sweet Surinjan, a medicine used by Mohammedans in India. The root from Hamadan is broken into pieces showing a white, starchy fracture with no perceptible taste or smell. The drug is said to have the same action as the bitter Surinjan (*Colchicum* spp.) as a remedy for rheumatism.

Mirabilis Jalapa L. (Nyctaginaceae)

تخم لال عباس

Tukhm-i-lāl'abbās (Teh.); Gul-i-abbasa (Pers.); fruits of the marvel of Peru.

W.H.M.M. 150895.

The marvel of Peru or four-o'clock is a plant of tropical America. It is named *Mirabilis*, or wonderful, on account of the variegated colors of the flowers, and *Jalapa*, as it was formerly supposed to be the true jalap plant. The fruits are oval or vase-shaped, 8 by 5 mm., dark reddish brown, five-ribbed, and papillate, containing a white, starchy seed. Little is known about its medicinal action, but the fruits have been said to be used in adulterating black pepper. [263]

Morus nigra L. (Moraceae)

شاه توت

The fruits: Tūt-i-kushk (Teh.).

The root: Rishah-shāh-tūt (Teh.).

The tree: Shāh-tūt, "royal mulberry" (Pers.).

Field 46A, 269, 402; K.B. 327.

The black or grafted mulberry is cultivated in Iran and Baluchistan, principally for its fruit; the white mulberry (*M. alba*), for sericulture. They both yield fruit which in season is sold in the bazaars and met with in nearly every household (Ait.). When carefully dried, the fruits are called Tut-i-dham, and supply a wholesome and nutritious article of diet during winter. [262] [231] [245]

The other drug of the mulberry tree from Tehran consists of the bark of the root, reddish colored externally, with strong, silky white liber cells. It is used for dysmenorrhea.

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Myristica fragrans Houtt. (Myristicaceae)

جوز بویا

Jauz-i-būyā, "fragrant nut" (Teh., Ar.); Bazbaz (Pers.); Jaephal (Hind.); nutmeg and mace.

Field 147; W.H.M.M. 150851.

• [263] The well-known seeds of the nutmeg are used all over India and Iran as a spice and for medicinal purposes.

Mace, the aril or testa, called Gul-i-jauz or "flower of the nutmeg," is sold and employed for the same purpose as the kernel.

Myrtus communis L. (Myrtaceae)

تخم مورد

Tukhm-i-mūrd (Teh.); Hab-el-aas (Ar.); Uurd (Abu Mansur); myrtle fruits.

مورد سز

Mūrd-i-sabz; Barg-i-mūrd (Teh.); leaves of the myrtle.

Field 24; W.H.M.M. 150814, 150827.

Myrtle berries are black, pea-shaped, aromatic, and slightly sweet; each fruit contains several white, hard, kidney-shaped seeds. The leaves are small, lanceolate, and dotted with glands, emitting an agreeable odor when bruised. All parts of the myrtle contain a volatile oil to which the virtues of the plant are due. The plant is stimulant and astringent, and the volatile oil is antiseptic, parasiticide, and rubefacient.—It is applied hot as a poultice for boils (H.F.).

Nannorrhops Ritchieana Wendl. (Palmae)

کاکل زرد

Kākil-i-zard (Teh.); Khove, Khū (Afg.); fiber of the dwarf palm.

W.H.M.M. 150798.

The soft fiber or tomentum, very like camel's hair, from the petioles of this palm is used as tinder and for dressing wounds. [372] Khū is the name in Afghanistan for tinder obtained from any source and used in lighting pipes and fires.

Nardostachys Jatamansi DC. (Valerianaceae)

سنبل لطیب

Sumbul-i-latīf, Sumbulu'l-tib (Teh., Isf.); Sumbul-jibali (Ar.); Jata-masi (Sans., Hind.); Balchar (Afg.); Bekh-i-sumbul (Pers.); musk root, Indian spikenard.

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Thebba (253 Iraq). Snuff, tobacco powder soaked in 'Araq.

Bernooty (234 Iraq). Snuff, tobacco powder perfumed with jasmine.

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Nigella sativa Sibth. (Ranunculaceae)

سیاه تخمه

Tukhm-i-siyāh, Siyāh-danan, Siyāh-tukhmah (Teh.); Hab-es-souda (Ar., Egy., Iraq); Kala jira, Mugrila (Hind.); false or black cumin, fitches.

Boiss. 1: 68; Ph. Ind. 1: 28.

Field 42; 56A; 7, 21 (Iraq); W.H.M.M. 150906; K.B. 327.

This is an annual herb, sometimes called nutmeg flower or fennel flower, cultivated in Egypt, Syria, and Iran. According to Birdwood, the seeds are the black cumin of the Bible, the melanthion of Dioscorides, and the gith of Pliny. They are black, triangular, 3 mm. long, the testa rough-wrinkled, with a white, oily kernel within. When crushed they have a pleasant odor of lemon. The seeds contain an essential oil, a fixed oil, and a saponin-like body, and are used extensively as a spice and medicine. The ancient Mohammedan custom of sprinkling the seeds, like those of cumin, over th... face of bread, still prevails in Tehran and Tabriz. There is an Arab proverb: "In the black seed is the medicine for every disease except death." Around Tabriz *N. arvensis* L. is cultivated as a potherb and for its seeds. It is called Gara tsochorek oti, "Black bread weed" (Gilliat-Smith).

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Nymphaea alba L. (Nymphaeaceae)

گل نیلوفر

Gul-i-nīlūfar, Nīlūfar-i-kirmānashāhī (Teh.); Nenuphar (Ph. Pers.); white water lily flowers.

Ait.; Boiss. 1: 104; Fl. Br. Ind. 1: 114; Ph. Ind. 1: 70.

Field 10, 207; W.H.M.M. 150781, 150858; K.B. 328.

These are the flowers, stalks, and leaves of the white water lily, found in ponds throughout Europe and Siberia. Nīlūfar is a name also applied to flowers of other water lilies, and sometimes to species of *Ipomoea*, which have blue flowers. Kamal, the flowers of a *Nymphaea*, is sold in drug shops in India, and occasionally the flowers of the sacred or Egyptian lotus (*Nelumbium speciosum* L.) are used medicinally throughout China. The flowers have cooling and astringent properties, and are administered locally, especially to

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Field 194; W.H.M.M. 150774; K.B. 328.

Schlimmer remarks that Shiraz supplies Iran with these seeds and adds that they are an indispensable ingredient in iced sherbet (sorbets à la glace). The seeds, or nutlets, are black, punctulate, oblong or ellipsoid, 2 by 1 mm., arched on one side, with a bifurcate line on the other. They are smaller than those of the sweet basil, with a less prominent, white umbilicus, but, like them, they become coated with opalescent mucilage when placed in water. The seeds are given locally for lung and chest complaints and as a heart tonic.

Olea europea L. (Oleaceae)

زیتون

Zaitūn; olive.

[262] Cultivated for its fruits and for the extraction of oil, the olive tree provides an important article of diet and medicinal remedy.—Leaves are sometimes prepared as a decoction for coughs (H.F.).

Onosma echioides L. (Boraginaceae)

ریشه هوه چوبه

Rīshah havah-i-chūbah (Ham.); Havah-i-chūbah (Teh.); Ratan-jot (Hind.); Indian alkanet root.

Achundow; Schl.; Boiss. 4: 181; Fl. Br. Ind. 4: 178; I.H.B.; Ph. Ind. 2: 54.

Field 165; W.H.M.M. 150718; K.B. 329.

This plant, growing in Afghanistan and Siberia, affords a root which is substituted for European alkanet (*Anchusa tinctoria*), from Al-kanna of the Arabs, employed as a dye and medicine in early times. The root of the allied species, *O. Hookeri* Clarke, is called Ranj-i-badshah, "King's dye." The tapering root has a purplish red color, and the cortical portion easily separates in flakes. It imparts its color to oils and spirits, and is used in coloring medicinal preparations. In Iran the root is powdered and given to horses for coughs and as a condition powder.

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Orchis latifolia L. (Orchidaceae)

سعلب

Sa'lab (Teh.); Salab-misri (Ar.); Punjah-i-salaba; Oriental salep.

Field 229; W.H.M.M. 150908.

Palmate or hand-shaped tubers of orchids are considered the best for medicinal purposes. They are deprived of their epidermis by

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Field 69, 409; W.H.M.M. 150847; K.B. 308. I-I

The well-known dill is a tall, annual or biennial herb, with a strong, aromatic odor, finely dissected leaves, and umbels of yellow flowers. Dill fruits are sold in the bazaars and used as a condiment and carminative. On distillation they yield an oil used in medicine for the preparation of dill water. The plant is often confused with fennel and the fruit with caraway seed; hence the name Karawyah, sometimes used. In Iran dill serves as a potherb; the leaves are cooked with rice as a condiment to restore lost appetite. 824* 278* [263]

Phaseolus radiatus L. (Leguminosae) 824*

ماش 262

Māsh (Iraq, Pers.); Urd or Urid (Ind.); Masha (Sans.); the seeds.

Field 76A, 274; 5, 60 (Iraq).

Mash is cultivated as a summer pulse crop, sometimes mixed with maize or sorghum. The green pods are eaten as a vegetable, and the plant is used as fodder or green manure. The small, green, oblong beans are cooked and eaten, made into biscuits, cakes, and sweetmeats. In Afghanistan this pulse is so much esteemed that it is called Mash-i-maha, "the king of peas." [246]

Phaseolus vulgaris L. (Leguminosae)

فاصولیه

Fāsūliyah (Iraq); Lubia, Lubia-kermiz (red) (Teh.); Rāzmah (Kash.); French bean; the seeds.

Field 69, 70, 77A, 75 (Iraq).

The French or kidney bean is grown as a vegetable or a pulse in kitchen gardens. The pods can be eaten green and the ripe seeds dried as haricot beans, or white soup beans.

The beans are ovate, oblong, 12 to 14 by 6 to 8 mm., white, red, or brown, splashed with black streaks, the hilum on the inner side.

Phoenix dactylifera L. (Palmae) 824*

نخل تمر 245

Tamr (ripe fruit), Rutab (half ripe), Khalal (unripe), Nakhli (male tree), Khurmā; the date palm, date. 262

Date gardens are found on both sides of the Euphrates from An Nasiriya to Basra. From Nahr Umr down the Shatt-al-Arab to Fao is the largest date-growing district in the world. There are

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This is a plant of Arabia, Syria, Iran, and Baluchistan, distributed also in Europe. The berries are like dried cherries, but full of pulp, in which are embedded many reniform, yellowish seeds. As sold in the bazaars, broken fragments of the red, accrescent calyces are mixed with the drug. The fruits are said by Schlimmer to be hydragogue and vermifuge. Athundow indicates their use in certain female complaints. Locally they are regarded as a remedy for syphilis, and are supposed to be intoxicating when taken in sufficient quantity.

Pimpinella Anisum L. (Umbelliferae)

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Anisūn, Badian-i-rumi (Teh.); Antchibun, a corruption of Anisum (Tab.); Erva dos, from Portuguese Herba doce (Dymock); aniseed.

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Ait.; Boiss. 2: 866; Schl.; Ph. Ind. 1: 131.

Field 25; 35A; 10 (Iraq); W.H.M.M. 150768; K.B. 330.

Aniseed is cultivated largely in the U.S.S.R., as well as in Iran, for its seed, which is employed as a condiment and medicine. The fruit is often confounded with fennel, as the Arabic name Badian in some districts is applied to aniseed and in others to fennel. Aniseed has been introduced into India from Iran, whence the supply for the Bombay market still comes. It is mainly a Mohammedan medicine and is given in cough mixtures, and as a flavoring agent. Arak-badiani or anise water, prepared by distillation, is mentioned by Schlimmer, and local spirit is still flavored with it. The active principle resides in an essential oil consisting of 80 to 90 per cent of solid anethol, which separates slightly below ordinary temperatures, and anisic methyl charvicol.

Piper Cubeba L. (Piperaceae)

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کبابه چینی

Kabābah-i-chinī (Teh., Isf.); Kabab-chini (Hind.); cubeb pepper.

Field 25, 440; W.H.M.M. 150880.

Cubeb or tailed pepper is imported from Malaya and Java; it was formerly supposed to have come from China. The commercial drug consists of nearly globular fruits measuring about 4 mm. in diameter, of grayish brown or black, reticulately wrinkled on the surface, and abruptly prolonged at the base into a slender stalk or "tail." Within the pericarp is a single seed. Cubebs exhale, when

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crushed, a spicy odor, and possess a strong, spicy, and bitter taste. They have a stimulant and antiseptic action on the mucous membrane of the genito-urinary organs, and are also a diuretic.

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Pistacia integerrima Stew. (Anacardiaceae)

چهار تخوش

Chahār tankhūsh (Teh.); Chatlanguch (Ham.); Kharshnai (Kash.); fruits.

W.H.M.M. 150639; K.B. 331.

This is the northwestern Himalayan form of the turpentine tree, called also the false or donkey mastich. The small drupes are broader than long, 5 by 6 mm., glabrous, rugose, gray with a bony stone. They have a marked terebinthinate odor, and are used locally to impart flavor to milk.

جفت

Field 201; W.H.M.M. 150706.

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Under the name of Jift or Juft, the broken shells of the galls of the turpentine tree are sold in Tehran. Being very astringent, they are used for tanning; mixed with lime, they remove hair from skins.

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Pistacia Khinjuk Stocks, (Anacardiaceae)

حب الغار

Habbu'l ghār (Isf.); Habul-khazra (Teh.); Hebbul-beneh (Ar.); the fruits.

Field 449; 116 (Iraq); K.B. 331.

سبز قلنج

Sabz-i-gulanj (Teh.); Buzghanj (Ham., Isf.); Gul-i-pisteh (Bom.); Afs-el-batum (Tri.); the galls.

Ait.; Boiss. 2: 6; I.H.B.; Ph. Ind. 1: 377.

Field 422; W.H.M.M. 150878; K.B. 331.

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This tree is common in Iran, Baluchistan, and Afghanistan, and has been described under different species names. The tree yields a resin-like material, and the nuts, which are eaten, afford a sweet oil; the leaves and galls are employed for tanning. The small, seed-like fruits are oval in shape, 6 mm. long, reddish brown in color, with an acid taste and terebinthinate odor. The fruits are eaten and are said to be good for debility.—Prepared like tea, they relieve stomach pains (H.F.).

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This agaric occurs on the oak and larch, and in sizes as large as a fist or a child's head; it is light, spongy, and friable, and is not easily powdered. The use of this fungus in medicine is of very ancient date. Avicenna insists upon the great efficacy of agaric as an alexipharmic. Mohammedan physicians closely follow the Greeks in considering that it removes all kinds of visceral obstructions and expels diseased humors. It is also a Chinese drug. The light, white, spongy interior is made into touchwood, spunk, or tinder, and was formerly used to absorb blood and secretions from wounds, etc.; hence the old name Fungus or Boletus Chirurgorum given to the plant. [372]

Prosopis Stephaniana Kunth (Leguminosae)

خرنوبان

Kharnūbān, Kornub (Isf.); Shok (Ar.); Kunbut (Syr.); Chughak: "humpbacked, bent," applied to the contorted pods, Tukhm-i-jinjak (Ait.); the pods.

Field 403.

This is a loose, straggling, thorny shrub of the Caucasus, Syria, Iran, and northern India. The pods are brown or copper-colored, 4 by 1.5 cm., galled, swollen, and contorted, containing several oval, brown seeds separated by soft, spongy dissepiments. The pods are eaten by sheep, but the seeds pass through undamaged and germinate readily at the coming of the winter rains (G.). The pods and roots of the plant are regarded as astringent and are given for dysentery. [231]

Prunus Amygdalus Stokes var. amara Baill. (Rosaceae) [245]

بادام تلخ

Bādām-i-talkh (Teh.); bitter almonds.

Field 52A, 171.

The bitter almond tree, like the sweet, is a native probably of Iran and Asia Minor, and is indistinguishable in botanical characters. In form and appearance bitter almonds closely resemble Valencia almonds, but are usually smaller. They are employed in confectionery and for flavoring, but as the hydrocyanic acid yielded by them varies in quantity, they should be used with caution.—An ointment made of bitter almonds is applied to furuncles (H.F.). [263]

Prunus Armeniaca L. (Rosaceae)

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زرد آلو

The fruit: Zard ālū (Pers.); Mishmish (Iraq); Khūbani, with stones removed (Hind.); dried apricot.

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Field 264; 4, 12, 36, 53 (Iraq); W.H.M.M. 150739; K.B. 335.

The castor oil plant[1] is a native of India, but is common now throughout tropical and subtropical countries. In Iraq and Iran it is cultivated as a windbreak for cotton and other summer crops and in gardens as an ornamental plant. It may attain a height of 10 meters and be a perennial tree, but in cooler climates it is either a shrub or an annual herb. With variations of the plant there are also varieties, large and small, of the seeds. The four samples from Iraq were classed as follows: "Abhangi seeds" 15 by 9 mm., "ordinary" 13 by 10 mm., "Indian red-stemmed" 11 by 8 mm., "Syrian Baladi" 13 by 11 mm. The most important constituent of castor seed is the fixed oil, which exists to the extent of about 50 per cent. The oil is used as a lubricant, as an illuminant, and in medicine as a safe purgative. The oil cake contains all the poisonous property originally present in the seed, hence can not be used as a cattle food; it is, however, an excellent manure and fuel.

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Roccella Montagnei Bél. (Ascolichenes, Roccellaceae)

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دوالة

Davālah (Ham.); a lichen.

Field 28A; W.H.M.M. 150824; K.B. 336.

Achundow refers this drug to *Muscus arboreus*, and gives the Persian names as Dawalak and Karbasu and the Arabic name as Aschna (*Usnea* sp.). The Persian name Davālah is applied to more than one kind of lichen, since Dymock gives *Parmelia kamtschadalis* Esch. as the source of this drug in the Indian bazaars (Ph. Ind. 3: 627). In the Field collection from Baghdad, No. 28A, this drug occurs under the name of "Lihayat as-shāyib." Some of the Parmelias are used as a dye. They are gray lichens, in broken pieces, having emollient and astringent properties, used in a bath or as a poultice.

Rosa damascena Mill. (Rosaceae)

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گل سرخ

Gul-i-surkh, "red flower" (Teh.); Ward (Ar.); flowers of red rose.

Field 42A; W.H.M.M. 150763.

The rose of Damascus is largely cultivated in western Asia. In Turkey, Bulgaria, and the south of France this species yields attar of rose and is the flower from which the official rose water is prepared.

The petals are slightly astringent, and are used chiefly as an agreeable astringent or as a coloring agent. "Gulanjabin," of rose

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[1] [Ricinus communis --ANALYST]

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"Gulanjabin," of rose

petals mixed with honey, is a confection sold in Eastern bazaars. "Gulkhand" is a conserve made from equal parts of rose petals and white sugar beaten together.—Rose petals are added to curry as a flavoring (H.F.).

Rosa foetida Herm. (Rosaceae)

گل زرد

Gul-i-zard, "yellow flower" (Teh.); Gole zarde (Schl.).

A. Olivier ("Voyage dans l'Empire Ottoman, l'Egypte et la Perse," Paris, 1807); Boiss. 2: 671.

Field 154; W.H.M.M. 150823; K.B. 336.

[247]

The Persian yellow rose is a shrub cultivated in gardens. This is the yellow Austrian briar in a wild state, ranging from the Crimea and Asia Minor through Iran to Turkestan, Afghanistan, and the Punjab to eastern Tibet. Aitchison calls it Gul-i-raman-zeba, "lovely flower" of the Hari Rud Valley. Dried rose petals, obtained chiefly from Iran, are sold in the bazaars in India and are prescribed for colic and diarrhea.

Rosa hemisphaerica Herm. (Rosaceae)

دماوره

Damaverah (Ham.); Dalik, Ward (Ar.); the hips.

Ph. Ind. 1: 574; Boiss. 2: 672; Post.

K.B. 336.

This rose occurs in Iran and Afghanistan and, according to Post, is cultivated extensively in Syria.

The drug consists of the hips of the plant. They are nearly globular, broader than long, from 10 by 7 mm. to 13 by 8 mm., crowned with the remains of sepals, red, wrinkled, and covered with short protuberances. Within are several light brown, hard, smooth seeds, 4 mm. long, mixed with silky hairs. The fruits are hot, dry, and astringent, and are given locally for stomach complaints.

Rubia Cordifolia L. and **R. tinctorium** L. (Rubiaceae)

روناس

Rūnās, Rūniyās (Teh., Isf.); Rounace (Schl.); Fuwwah (Ar.); Manjit (Hind.); madder root.

Ait.; Boiss. 3: 17; Post 224; Schl.; Ph. Ind.

Field 6 (Isf.); 39; 109 (Iraq); W.H.M.M. 150726; K.B. 336.

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Saccharum officinarum L. (Gramineae)

شکر سرخ

Shakar-i-surkh (Teh.); sugar cane.

W.H.M.M. 150711.

This is a sample of crude sugar or Gur, a soft, saccharine mass, reddish in color, and very soluble in water. The unrefined, dark brown Guda of the Hindus was known to the ancient Persians, as well as Shakar from which the dry, crystalline sugar was made. At Leh there are five kinds of sugar imported: Tavi misri, flat cakes; Kusa misri, heavier cakes; Khand, soft brown crystals; Gur, coarse sugar; and Shahi or Kashi, sugar candy. The vernacular names Misri (Egyptian) for refined sugar, and Chini (Chin.) for sugar candy, indicate the comparatively recent introduction of these products into India and Iran.

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Salix fragilis L. (Salicaceae)

بید خشت

Bid-khisht (Teh.); Bid-anjubin, "willow honey" (Afg.); Bide Knecht (Achundow); willow manna.

Field 127; W.H.M.M. 150748.

A saccharine secretion afforded by a species of willow has been referred to by old writers on Eastern medicine. The drug occurs in small, dirty white lumps, resembling in taste the European manna obtained from the ash (*Fraxinus Ornus* L.) of Sicily. It is recommended for *Herpes labialis*, or thrush.

Salvia Hydrangea DC. (Labiatae)

Gul-i-arbore(?) (Teh.); Issikuttuz (Turk.); Sarsand (Bal.); the flowers.

Boiss. 4: 606; Ph. Ind. 3: 94; Kew Bull. 1930, 459.

K.B. 337.

This is a handsome flowering plant of Iran, Baluchistan, and Afghanistan. The drug consists of the mauve flowers with green-veined bracts and small, rounded, brown seeds. Dymock says it is allied to Jadeh, probably a *Teucrium*. The flowering tops of a *Moluccella*, having enlarged purple calyces and a balm-like odor, and the rose-colored, mucilaginous calyces of *Hymenocrater elegans* Br., are used in medicine in Iran under the name of Gul-i-serwaj. In Tabriz the inflorescence of *S. Hydrangea* is used for making a

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medicine for its stimulant (irritant) and antiseptic action in the genito-urinary tract.

Saussurea Lappa C. B. Clarke (Compositae)

قسط

Qust-i-talkh, Butinak (Teh.); Patchak (Beng.); Kutha Kushta patchuk (Hind.); Costum amarum (Ph. Pers.); Indian costus.

Ait.; Fl. Br. Ind. 3: 376; Schl.; Ph. Ind. 2: 296.

W.H.M.M. 150813; K.B. 338.

The soft, fragrant, whitish root comes from plants grown as a Crown monopoly in Kashmir, and is exported to Iran, India, and China. This ancient and valuable drug was called Arabian costus as it was carried to Turkey and Europe by the Arabs. The root occurs in cylindrical or twisted pieces, light colored, with an agreeable odor and a bitter and biting aftertaste. A second sample of Kust from Hamadan was a smaller root, spirally twisted and lighter in color. Chob-i-kut is the name of a plant used to adulterate costus root in Afghanistan. Various chemical principles have been separated from the root, some of which account for the violet-like odor: Costulactone isomeric with alantolactone costus acid, dehydrocostus lactone, and costol. Costus root is prescribed externally and internally for various complaints, and is taken locally to ward off the effects of snake and animal bites.

Semecarpus Anacardium L. (Anacardiaceae)

بلادر

Balādur (Teh., Isf.); Bhela, Bhilava (Hind.); marking nut.

Field 439; W.H.M.M. 150873.

The marking nut tree inhabits the hotter part of India, Ceylon, and Burma. The black, obliquely cordate nuts contain within the pericarp a black, resinous, viscid, acrid juice which is used as marking ink. A local caustic and vesicant, the juice, when applied to the skin, causes intense pain and swelling. In small quantities, it is given for relief in rheumatic pains and leprous affections.—Prepared like tea, it is also taken to relieve flatulence following severe piles (H.F.).

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Sesamum indicum L. (Pedaliaceae)

سمسم

Simsim (Iraq); Kunjad (Kurd.); Kundij (Turk.); Til, Jinjili, Gingelly (Hind.); til or sesame seed.

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Field 128A, 52 (Iraq). I-I

Sesame is widely cultivated as a summer crop. The seeds, white, brown, or black, are used for garnishing cakes and sweetmeats and are eaten by the poor in times of scarcity. They contain about 50 per cent of a fixed oil which is an excellent substitute for olive oil or other salad oil in cooking. The oil cake is a cattle food. The oil is also the basis of most of the fragrant or scented oils—medicated oils prepared with various vegetable drugs. 824* 278* 263• 246 243

In Baghdad, Rashi is the name given to a preparation of ground sesame seed after it has been soaked and roasted, which is used as an emollient, Rahishi (Ar.), Arwah-i-kunjad (Pers.).

Sesbania aculeata Poir. (Leguminosae) 824* 278*

Sesbaniyah (Iraq); Saisaban (Egy.); Rasin (Hind.); Akar, Majandri (Bal.); Jayanti (Beng.); Sesbania seeds.

Field 47 (Iraq).

The plant has been introduced into Iraq and planted for windbreaks. The seeds are sold in bazaars throughout India and Iran. They are dull grayish brown, oblong, 2 by 4 mm., smooth, hard, and bitter to the taste. The Hindus have a superstition that sight of the seeds will remove the pain of scorpion stings. They are used medicinally on account of their astringent properties. The seeds are beaten into a paste which is applied locally to cure eruptions.

Sisymbrium Sophia L. (Cruciferae)

خاکشیرین

Khākshīr, Khākshīr-i-shīrīn (Teh.); Towdri, Khub-kalan, Khaksi (Hind.); the seeds.

Ait.; Schl.; Boiss. 1: 216; Ph. Ind. 1: 118, 121.

Field 4 (Isf.), 50; W.H.M.M. 150712.

These seeds resemble in size, shape, and color the drug Tukhm-i-khākshīr talkh, the bitter Khākshīr (*Erysimum* sp.), except that they are dull and not shiny. There are several kinds of cruciferous seeds known as "Towdri": pale, light brown, red, and black. The seed of *Lepidium Iberis* L., the Kasis of Iran, is one of them, and the seeds of *Matthiola incana* R. Br., from the Punjab and Sind, is another. The seeds are small, yellowish brown, 1 mm. in length, and become coated with transparent mucilage when placed in water. The drug is considered aphrodisiac, "fattening the body and purifying the blood." [832]

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Ait.; Schl.; Ph. Ind. 2: 459; Fl. Br. Ind. 4: 90. 824*

W.H.M.M. 150816; K.B. 339. 278*

Nux vomica or Kuchula seeds are frequently referred to in ancient Persian works. In the "Makhzan el Adwiya" they are said to have been used from very early times for paralysis. Called Asaraki by Indian Mohammedans, they are given for debility. The seeds are imported from India, and are known throughout Iran as a poison. Aitchison says, "The seed of the nux vomica is imported freely into these parts (northeast of Iran) as a valuable tonic, but it is chiefly employed by the nomad tribes for poisoning wolves and dogs, these animals frequently proving destructive to their flocks." [246]

Tagetes erecta L. (Compositae)

گل جعفری

Gul-i-ja'fari (Teh.); Ja'fari (Iraq); Gul gaindo (Bal.); Gul-jaferi (Hind.); Rojia (Port.); African marigold.

Field 86.

Both the African marigold and the French marigold (*T. patula* L.) are cultivated in flower gardens for their orange-yellow blossoms and scented foliage. They were probably introduced into India by the Portuguese. The flowers are often worn as garlands during religious festivals. Sold in the bazaars in India and Iran, the dried flower heads are said to purify the blood. [247]

Tamarindus indica L. (Leguminosae)

تخم تمر

Tukhm-i-tamr (Teh.); Baz-i-tamar-hindi (Ar.); seeds of the tamarind.

Field 262.

The seeds of the Indian tamarind tree are dark brown, shining, flattened, of an irregular outline, containing ivory-white cotyledons. Size is made from the seeds, and it appears that this preparation is used in Tehran as a plaster for boils (see "Tamarind Seed" by D. Hooper, *Agricultural Ledger*, No. 2, 1907).

Tamarix gallica L. var. mannifera Ehrenb. (Tamaricaceae) 824*

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Gaz-i-khūnsār, Gaz-alafi, Gaz-anjabin, "tamarisk honey" (Teh.); Gaz-i-shakar, "tamarisk sugar"; tamarisk manna.

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Ph. Pers.; Ait.; Boiss. 1: 778; Ph. Ind. 1: 161.

Field 13; W.H.M.M. 150881; K.B. 340.

Aitchison collected in the Badghis samples of manna from this variety of *Tamarix*, which the natives distinguished from the ordinary species, *T. gallica*. The saccharine exudation of these plants is said to be collected only in southeastern Iran, in the district of Kerman, where small galls also are formed on the leaves. In other parts of Iran Gaz-anjabin is obtained from other species of tamarisk (see *T. pentandra*). Ehrenberg believes the sugar to be formed as a result of the punctures of *Coccus mannifparus*. The sample from Tehran is a dried cake of confection wrapped in silver paper, probably a mixture of the manna with ordinary sugar.

Tamarix pentandra Pall. (Tamaricaceae)

گز مازج

Guezmazedj (Teh.); Guize khouncar, Hebbel asle (Schl.); manna.

Tamarisk Manna, D. Hooper, Jour. As. Soc. Bengal, n.s. V, 1909, 31–36; Boiss. 1: 773.

K.B. 340.

The various species of tamarisk are the commonest shrubs or small trees found from Quetta to Balamtghab, and from Herat to Meshed, up to 3,000 feet. At least six species are widely distributed in Baluchistan, and two of them, *T. articulata* Vahl (Siah gaz) and *T. pentandra* (Shingir gaz), have been observed to yield a sweet gum. The latter is known to give large quantities of this saccharine secretion in the Helmand. The samples are .....; they are sweet, sticky, transparent, quite soluble in water, and become hard and opaque when kept, owing to the crystallization of the saccharose.

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Taxus baccata L. (Taxaceae)

زرنب

Zarnab (Isf.); Barambi, Talispatra (Hind.); Himalayan yew.

Field 430.

Zarnab is an Arabic name for an odoriferous drug and plant quoted by old writers on Eastern materia medica. The drug has been referred to various trees of the pine and fir group, particularly the yew and *Abies Webbiana* Lindl. (Ph. Ind. 3: 375). The present drug appears to consist of the staminate inflorescence of the yew, but other recorded specimens are mixtures of the leaves, branches, and

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Achundow; I.H.B.; Fl. Br. Ind. 1: 423; Ph. Ind. 1: 243.

Field 253; W.H.M.M. 150849; K.B. 342.

This plant is found in the sandy deserts of northwestern India, where the fruits are collected for the market. As a drug it is mentioned by Dioscorides and Pliny and in the Bower manuscript. The fruit, the size of a small bean, has five cells, each of which is wedge-shaped and armed with four strong prickles. The seeds are oily and enclosed in hard, stony cells. The fruits are diuretic and are said to act as a charm in bladder troubles. Dulm-ul-hasak and Rughan-i-char-i-cheask are names for an oil prepared from the fruits and applied to relieve rheumatism.—Small caltrops are given as an infusion for gonorrhea (H.F.).

[246] **Trifolium alexandrinum L.** (Leguminosae)

برسيم

Barsim (Iraq); seeds of berseem or Egyptian clover.

Field 31, 51 (Iraq).

This is a well-known fodder and green manure. Experiments have shown that it can be grown satisfactorily as a winter crop. The seeds are yellowish brown, smooth, oval, 2 mm. long.

Trifolium repens L. (Leguminosae)

تخم شبدر

Tukhm-i-shabdar (Teh.); Shaftal (Punj., Bal.); Nafal, Nifil (Iraq); white clover seed.

Field 29 (Iraq); W.H.M.M. 150902.

Clover or trefoil grows in northern India, at an elevation sometimes of 10,000 feet in the Himalayas. The seeds are oval, brown or green, and are used for making cooling poultices for boils.

Trigonella Foenum-graecum L. (Leguminosae)

تخم شنبليله

Tukhm-i-shambalilah (Teh., Ham.); Hulbah (Iraq); the seeds.

Shambalilah (Teh.); Methi (Hind., Bom.); the herb, fenugreek.

Ait.; I.H.B.; Boiss. 2: 70; Post; Ph. Ind. 1: 402.

Field 27, 71A, 213; 16 (Iraq); W.H.M.M. 150749, 150795; K.B. 343.

• [263] Fenugreek is cultivated universally in gardens as a potherb, and in Egypt and Afghanistan as a food and fodder crop. The leaves are occasionally used for poultices and in curries.

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Zizyphus vulgaris L. (Rhamnaceae)

عناب

'Unnāb, Barg-i-unnāb (Teh.); 'Unnāb (Iraq); Ber (Hind.); jujube, fruits and leaves.

Achundow; Boiss. 2: 12; Ph. Ind. 1: 350; Post.

Field 12; 79A; W.H.M.M. 150801; K.B. 244.

The indigenous form of the jujube is a shrub, rarely a tree, in the hills from the Badghis eastward to Kashmir. It is cultivated in all orchards for its fruit, which is eaten by the natives, especially on journeys; this, Aitchison thinks, may account for the spread of the tree throughout Asia along caravan routes. The fruits, which are sweet and wholesome, are the origin of the confection called jujube. They are imported into India, and are used as a demulcent and medicinally from the Persian Gulf to China, where they exist in many varieties and constitute one of the important fruits of the country. The leaves of the jujube tree are eaten with catechu as an astringent, and are made into a poultice to promote the suppuration of boils.